

Exercise

Aerobic exercise (brisk walking, running, biking, swimming, treadmill or elliptical, etc.) working up to at least 45 minutes 4-7 days per week.

No Flour, No Sugar Diet

Popularized by Dr. Peter Gott, whose book of this title is available on Amazon.

No Flour – Avoid foods made from wheat or corn flour (bread, pasta, pizza, tortillas, corn chips, gravy, cake, donuts, desserts), white rice, and potatoes (no chips!). If you must, wheat flour is allowed occasionally (wheat bread and pasta), as is brown rice, and sweet potatoes.

No Sugar – Avoid foods made with white or brown sugar (desserts, breakfast cereals, sweet sauces, candy, soda). All fresh fruit is fine, and load up on vegetable as well.

Watch portion sizes, and do not increase the portions of allowable foods to compensate, although you can eat all the vegetables and salads you want. Drink lots of water. No alcohol. Cut down to one cup of caffeine daily, or better yet, none at all. Avoid artificial sweeteners.

Sample Menu

Breakfast: Egg, Fruit, Plain Oatmeal, or Cheese. “Low Sodium” V8 to drink.

AM Snack: Fruit (grapes or apple), or ¼ cup nuts (almonds or peanuts)

Lunch: Salad or Fruit

PM Snack: Fruit, Nuts, or Peanut Butter

Supper: Meat or Fish, Brown Rice, Broccoli, Salad

Eve Snack: Fruit

Sleep

Get plenty of rest, and take fish oil 2000 mg. each day (to lower endogenous cortisol, the stress hormone).